

SPIRITUAL HEALING

Effective healing of Body-Mind-Soul happens after understanding scientific cause of Dis-ease & then removing them.

Causes of Illness : 1) Imbalance of 5 Elements (Earth, Water, Fire, Air & Ether) in *Annamaya Kosha*,
2) Imbalance of Energy in Etheric-Astral Body (*Pranamaya Kosha*, *ManoMaya Kosha*),
3) Incorrect Belief-System in Mental Body (*VigyanMaya Kosha*),
4) Negative Karma (unlearned lessons) in Causal Body (*AnandMaya Kosha*).

Various Ways of Healing :

- 1) **Physical Healing** : Eat Fresh Vegetarian or, vegan Foods. Avoid Junk Food (Maggie,Pizza,Burger. Self-made Food is more nutritious. Avoid Food of restaurants.
Eat seasonal Fruits and vegetables. Avoid Fruits n vegetables stored in cold storage for long terms. Avoid micro-wave. Listen your Body. Eat (among home-made vegetarian foods) what you feel to eat. Body will demand what it needs.
Non-veg. foods disturbs cholesterol level, chances of hypertension/BP, heart attack, stroke(paralysis) increases. Nonveg. Foods also give rise of cruel and negative emotions like fear, anxiety and stress. Killing animals is huge negative karma.
- 2) **Energy Healing** : We attract Divine cosmic energy through *BrahmRandhra* during Thought-Free state of **Meditation**. To Bring Thought-Free state, Watch your natural and spontaneous breathing. As we watch Breath, Stillness arises and then, Pineal Gland receives energy and channels it forward in *Ida, Pingla and Sushumna*.
One may feel itching/pain sensation temporarily. Drink lots of water & continue Meditation sincerely.
To decrease Thoughts during Meditation, Learn to Live your Life with Awareness.
Develop your AWARENESS by doing new activities like writing through non-dominant hands or, old activities in new way like holding spoon in left hand.

For free flow of energy within body, Energy meridians can be stimulated by Accupressure, Massage and Jogging. Reiki and Pranic Healing balances energy. Read Book "Energy Medicine" of Donna Eden.

Various mudras esp. Pran Mudra (joining tip of Thumb, Ring Finger & Little Finger) should be practiced.

- 3) **Thought Healing/ Affirmation** : All Disease are Psycho-Somatic. Physical conditions and mental conditions are inter-connected. Change your Thought-Pattern to heal your physical body.
Heal your mind, to heal your body.

Work on invisible root to heal visible body.

Mental/MetaPhysical cause of Fever : Suppressed Anger

Affirm "I accept everyone as they are". "I forgive quickly".

Mental cause of Back Pain : Feeling of help-lessness and inadequate support

Affirm, "I am self-sufficient. I am capable to handle my life." "I have divine support". "I am strong from within".

Mental cause of Gastritis or, Headache " Stress, Not willing/able to accept immediate life situations"

Affirm, "I am at peace. I am at ease. Life is perfect. Universe gives me that experience, which I need. "

Mental Cause of Knee Pain " Inflexibility, Inadaptability, not willing to change".

Affirm, "I am flexible. I am adaptable. I change as life demands. I evolve continuously. I am strong from within."

Read Books "You Can Heal Your Life" and "ALL IS WELL" of Louise L. Hay who healed her cancer by affirming "**ALL IS WELL**".

Anger and Fear are most disastrous belief causing most of disease.

Learn to forgive quickly. Read Book "A Course in Miracles" & Seth "The Nature of Reality".

Learn to accept everyone around you as they are.

Learn to **Love and care unconditionally**. Love is All there is.

- 4) **Karmic Healing** : Karma is for learning purpose. Negative Karma means, imbalanced created by you in the quantum field of consciousness and energy due to your non-learning of lessons like inter-connectedness and Oneness (*adwait*). Karma follows incarnations to incarnation. Positive Karma means **bringing Balance** by Living Oneness and unconditional divine Love in form of Social-**Spiritual service** and forgiveness. Service is direct declaration of Love and indirect declaration of Oneness. Highest service is teaching Meditation, spreading spiritual knowledge and awakening your human brothers and sisters for spiritual life. Past Life Regression may help in understanding karmic connections behind chronic problems. Reading Book "Messages From The Master" & "Through Time Into Healing" of Dr. Brian Weiss is highly recommended.

To heal yourself from any disease doesn't require medicinal tablets.

Only things required is understanding, will to change & endeavour to meditate and courage to serve.

FOR MORE HELP, BE IN TOUCH OF DR. S. RANJAN

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